

1/23

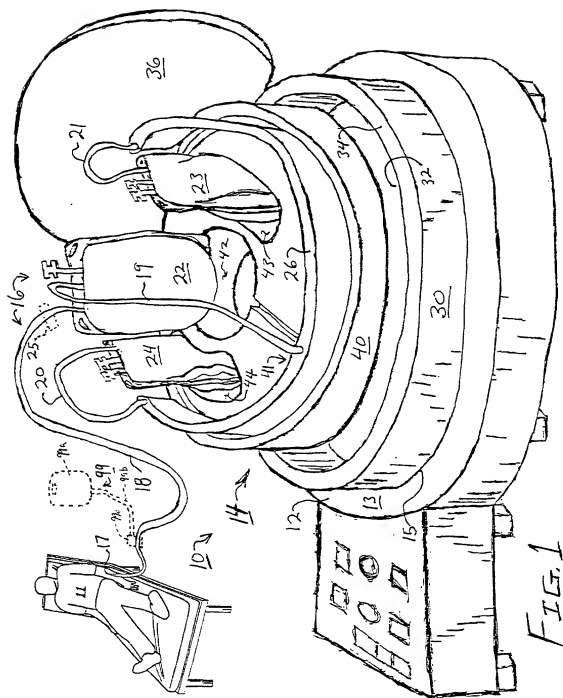
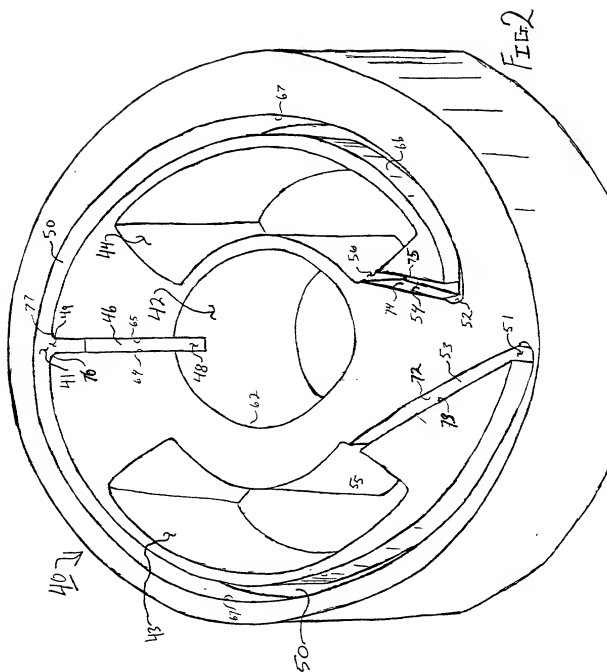


FIG. 1

2/23



**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Ankara, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included maximum heart rate, maximum oxygen consumption, maximum power, and maximum speed. The results of the study showed that the experimental group had significantly higher values for all four measurements at the end of the 12-week period compared to the control group. The results suggest that a 12-week training program can improve the physical fitness of 10-year-old children.



4/23

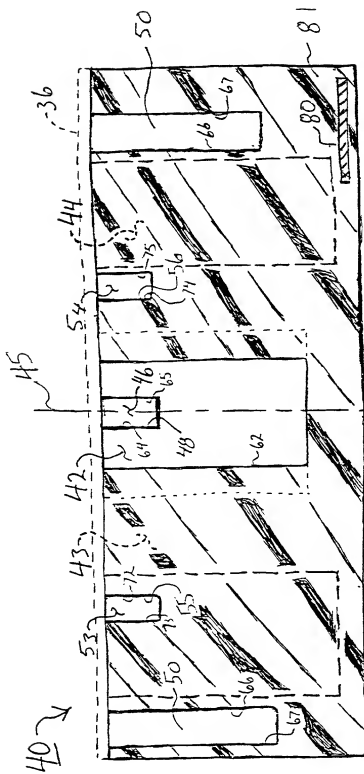


FIG. 4

5/23

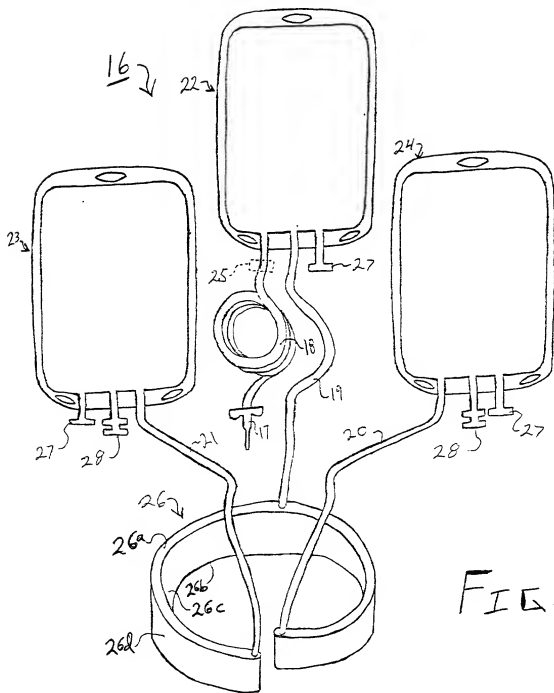
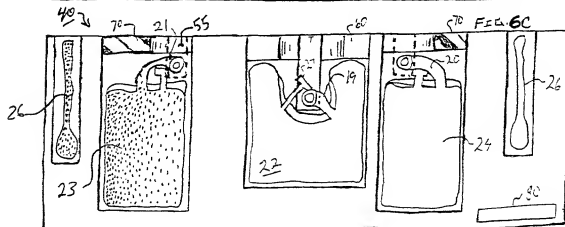
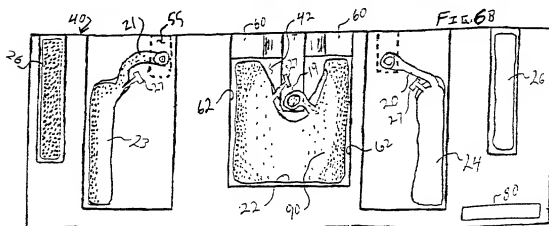
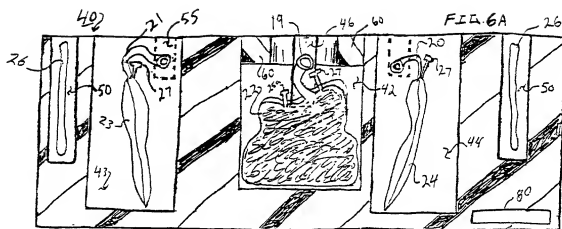
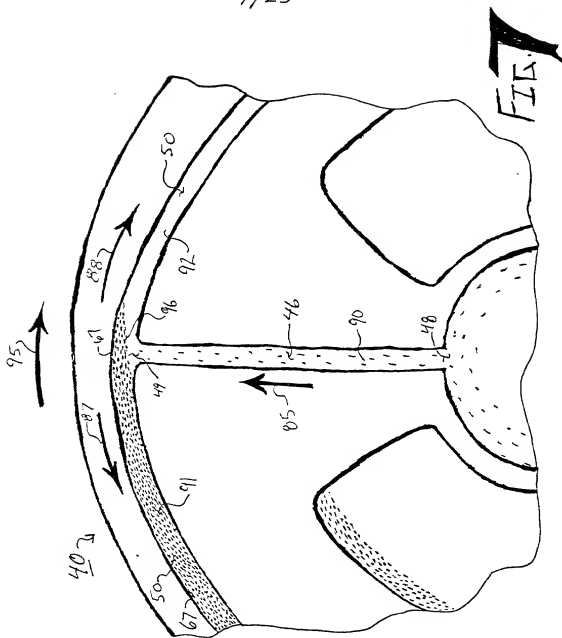


FIG. 5

6/23



10005431 110201



8/23

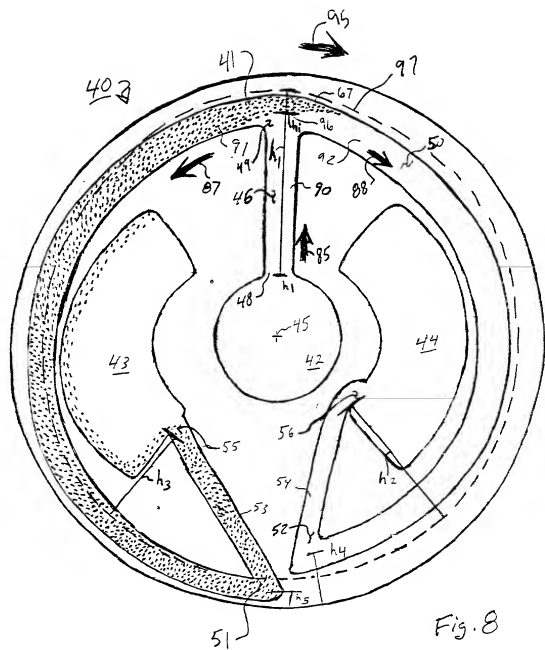
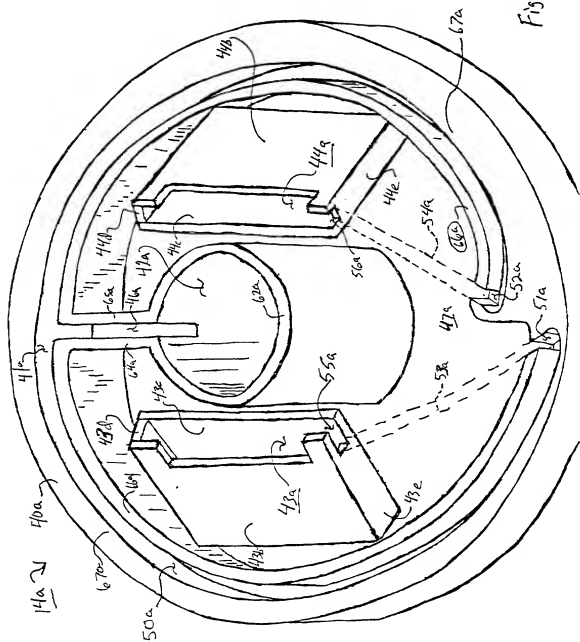


Fig. 8





10/23



11/23

10005421 "110201

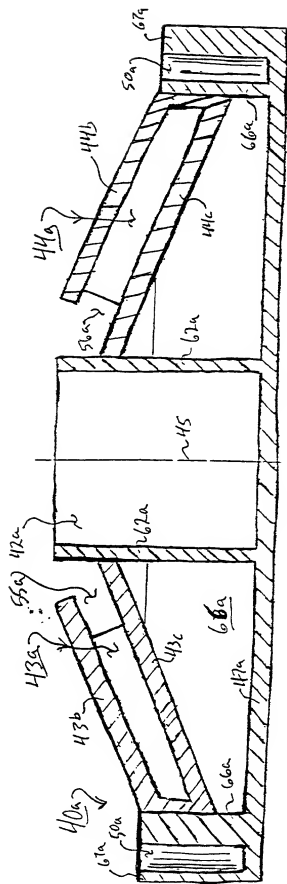


Fig. 11A

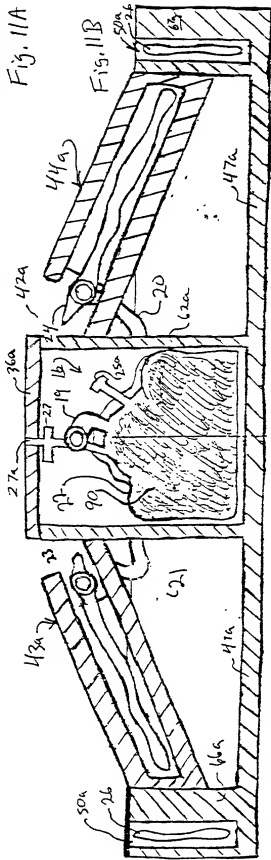
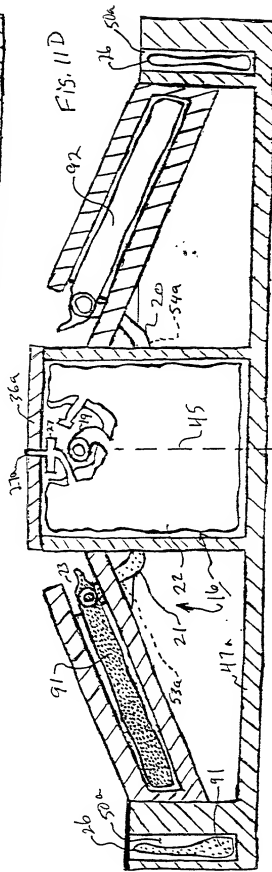
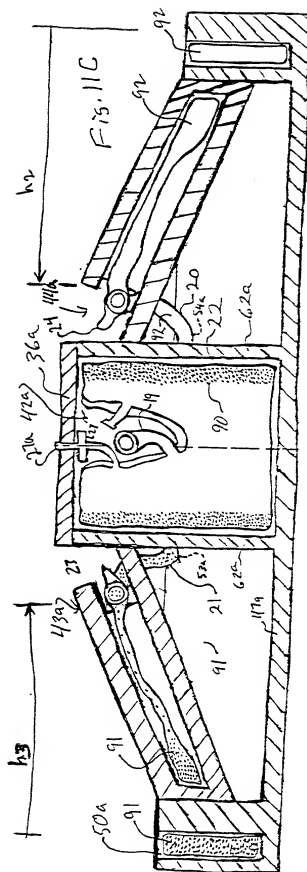


Fig. 11B

12/23

10005431 110201



13/23

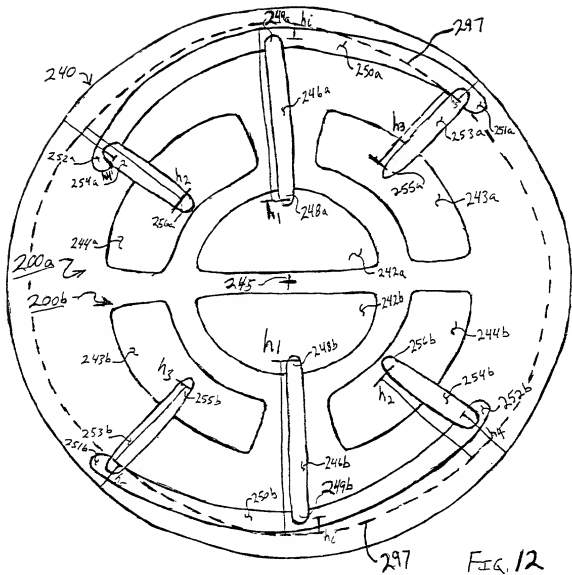


FIG. 12

14/23

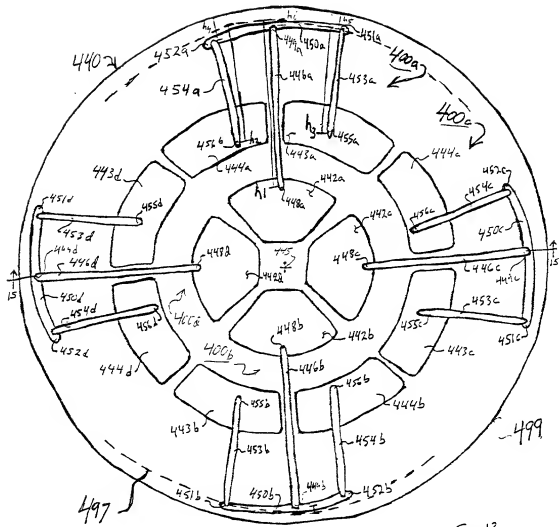
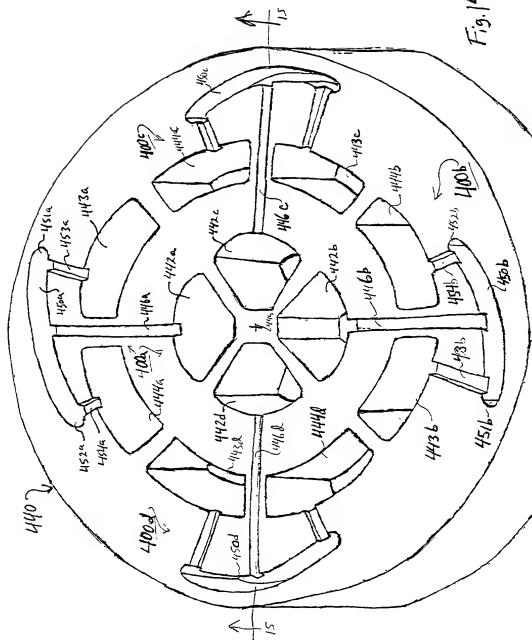


Fig. 13

10005431 110201

15/23



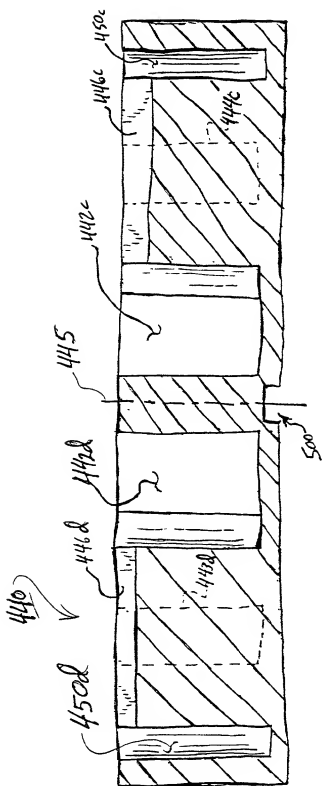


Fig. 15





18/23

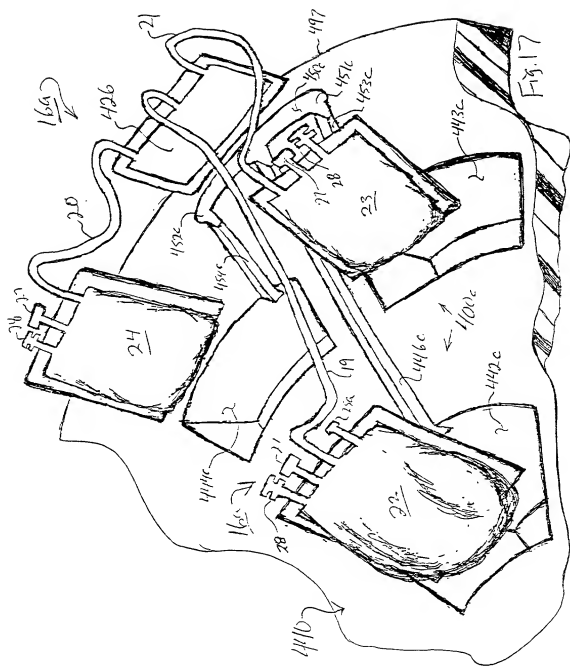
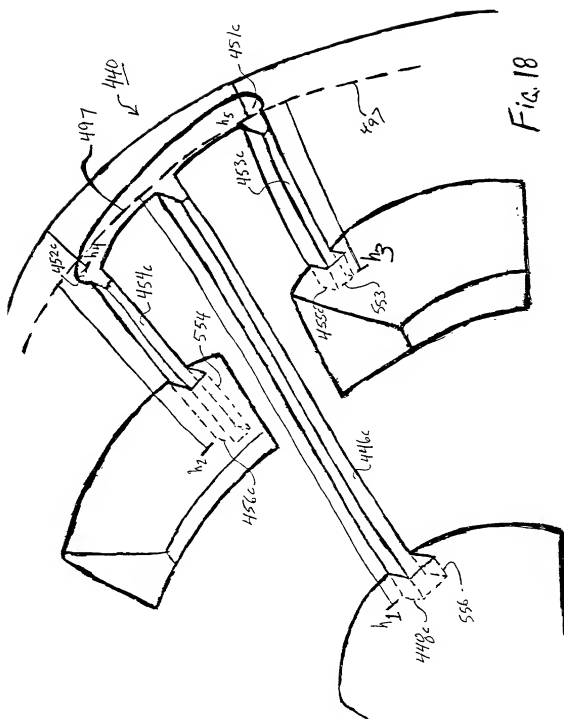


Fig. 17

10005431.10201

19/23



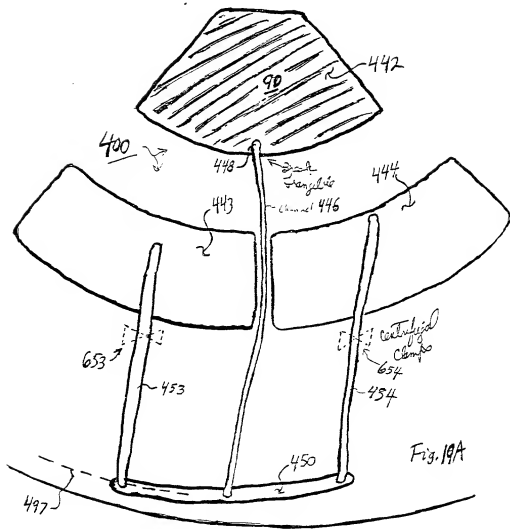
20/23

Load Set

①

440

445

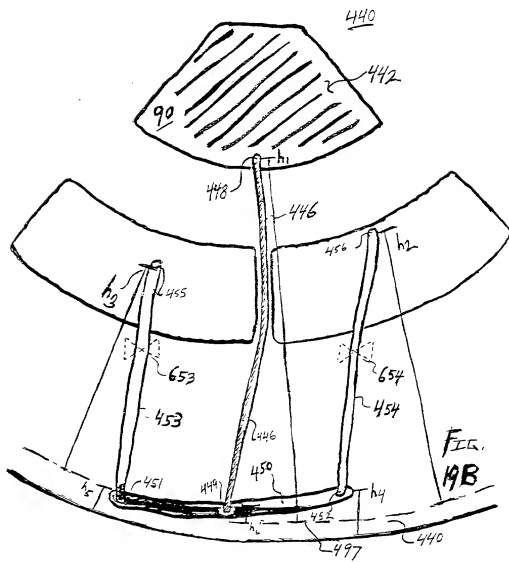


100054931.110201

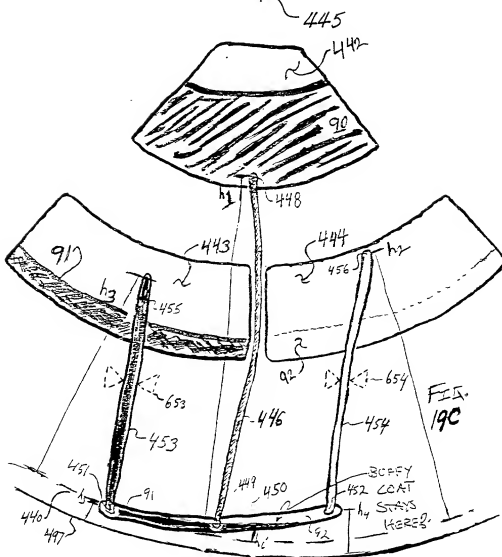
21/23

Transition to High RPM

\* 445



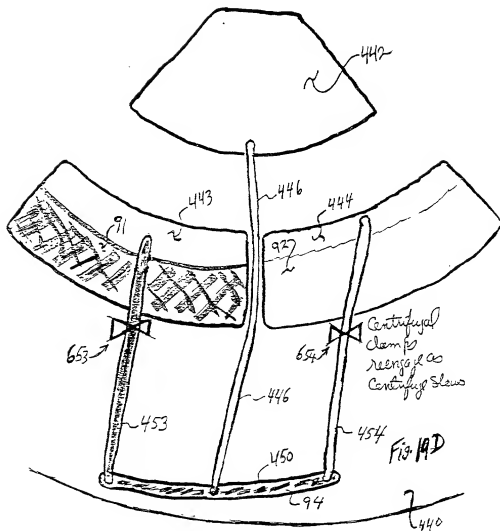
10005431.110201

$\frac{1}{2}$ 

23/23

STOP 2020R

445



10005431.110201